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This screenshot shows a mobile web page for the “Mr. Health & Fitness” competition on mrhealthandfit.com, displaying your contestant profile and current ranking.

Key elements visible include:

- Your name and brief bio noting a black belt in Kenpo and bodybuilding background.
- A large banner showing you are currently in 1st place in your group with a red “VOTE” button.
- A countdown timer indicating how long remains for voting in the current round (Top 10 cutoff).
- Sample covers of Muscle & Fitness magazine and text stating the winner receives a feature plus a 20,000 dollar prize.
- Short Q&A responses about your passion, favorite way to stay fit, and what you would do with the prize money.

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HELP MY MOTHER WITH HER BROKEN ARM,THEN FRIENDS,WOMENISM,&HUMANITY

Prioritize your mother's arm recovery with doctor-approved rehab before any training. Safe exercises focus on gentle range-of-motion, leg/core work, and lower-body cardio to maintain fitness without stressing the injury.[2][3]

Arm Rehab Exercises

Start with non-injured hand/wrist flexes (clench/unclench fingers 10-15x, 3x/day), then progress to wrist bends forward/backward and side-to-side once cleared.[4][2]

Include triceps/biceps stretches, wrist flexor/extensor stretches, and shoulder rotations to restore flexibility—do 1-2x daily.[2]
Strengthen the good arm via curls, presses, and raises with light weights, keeping the injured arm protected.[5]

Lower Body & Core Workouts

Use stationary biking, leg squats/lunges (bodyweight or bands), or single-leg bridges for cardio and strength—no arm involvement needed.[3][6]
Core options: crunches, sit-ups, V-ups, or straight-leg lifts; avoid planks.[3][5]
Add yoga/stretching for hips/legs to prevent stiffness.[3]

Self-Defense Adaptations

For women with one arm out (aligns with your martial arts teaching), lead with the good arm extended for distance control, using palm/elbow strikes, knee/groin kicks, and side kicks.[7][8]
Bear hug escapes: lower body, hip thrust free with good arm/legs.[7]
One-arm drills from BJJ/Kenpo: bridging, hip escapes, shrimping, wrestler sit-outs (one side), planks/push-ups on good arm. Extend to friends via group sessions focusing on legs/core for empowerment and humanity—teach prevention awareness too.[9][7]

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1. 1771014317924399647029255787883.jpg
2. https://www.mcht.nhs.uk/our-services/virtual-fracture-clinic/fracture-exercises
3. https://www.cast21.com/blog/fun-and-safe-exercises-for-a-broken-arm
4. https://www.youtube.com/watch?v=DBCq50UR6Qs
5. https://www.drlintner.com/blog/how-to-workout-when-your-arm-is-in-a-castbrace
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7. https://www.rockstaracademy.com/blog/self-defense-for-women

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9. https://www.karate-kids.com.au/brazilian-jiu-jitsu-drills-with-one-arm/

10. https://www.rehabmart.com/post/living-onehandedly-after-an-injury

11. https://www.reddit.com/r/martialarts/comments/1c3xtfp/training_with_only_one_functional_arm/